

Dominican Retreat & Conference Center

1945 Union Street, Niskayuna, New York 12309
(518) 393-4169 www.dslcnny.org

Solitude on a Busy Highway

The Good News

March 2022



May the God of HOPE be with you, inspiring, calling, inviting you to dream and to believe in possibilities. May you trust the dream that is forming in you and may your uplifted face and courageous spirit inspire others who have lost hope. May the blessing of HOPE be with you.

Maxine Shonk, OP

Virtual Centering Prayer

For those who simply want to pray with the group. It will include a brief reading from one of the writings of Thomas Keating and a 20 minute sit.

7-7:30 PM Wednesday nights: March 16, April 13, May 11, June 15
Via Zoom ~ Reservations Required

Sung Vespers in the Spirit of Taize

7-8 PM Thursdays: March 24, April 28, May 19, June 23

Presented by Sr. Sue Zemgulis, OP ~ In House and on Facebook Live

PAUSE FOR PEACE

...a brief monthly pause to pray for peace in our world, in our communities and in our hearts.

Tuesday nights 7-7:15 PM ~ April 5, May 3, June 7

Presented by Dominican Sisters via Facebook Live



Prayer and Reflection During Lent

led by Sr. Sue Zemgulis, OP

March 15, 22, 29

7-8:30 PM Via Zoom ~ Reservations Required

\$15 per session/\$40 for all three



From the Desk of the Administrator:

As we move toward April, we invite you to celebrate with us the 200th anniversary of Dominican Women in the United States. On April 7, 1822, four women received the habit of St. Dominic and established a convent in a one-room log cabin, loaned to them by the Dominican Friars in what we now call St. Catharine, Kentucky. These pioneer women built a school, endured many hardships, and increased in numbers. Over the years, the congregation grew and spread, and became the seed of other congregations of Dominican women. In 2009, the Dominican Sisters of St. Catharine became part of what is now known as the Dominican Sisters of Peace. We are grateful for the faithful lives of these early pioneer women and will continue to celebrate the presence and gifts of Dominican Sisters in the US throughout this year.

AL, OP

Lent is the sacramental sign of our journey from slavery to freedom, always to be renewed. It is certainly a demanding journey, as it rightly should be, because love is demanding, but it is a journey filled with hope.

Pope Francis

LENTEN SCRIPTURE SERIES

Tuesdays ~March 15, 22, 29 ~ 10 AM-Noon Via Zoom

Mary of Nazareth, Mother of Jesus—The Journey Continues
Led by Dr. Joy Galarneau

During our Advent Scripture Study, we journeyed with Mary from the Annunciation into the “hidden years” of her life with Jesus. Join us this Lent, as we continue the journey with Mary: from the start of Jesus’ ministry, to the cross, and beyond...

Cost: \$20 per session/\$55 for all three ~ Reservations Required



CELTIC SPIRITUALITY and LAUDATO SI ~ a Day of Prayer and Reflection **March 16 ~ 9:45AM-3 PM**

We will explore the connections of Celtic knots, Irish soda bread, ancient forests, and the modern quest for ecological respect and conservation.

Presented by Sr. June Fitzgerald, OP
Cost: In house \$30/\$20 Virtual ~ Reservations Required

Writing our Memoirs: An In House Weekend



“A Time to Remember”

Whether you are an experienced writer or just want to get started, come away for a weekend to reminisce the highlights of your life with people of kindred spirits...our memories are a gift and should be written down...

Directed by Maggie Whelan, OPA

March 25-27 ~ program begins at 7:45 PM on Friday

Cost: \$205 (65 and over \$190)
Reservations Required

But he's already made it plain how to live, what to do, what God is looking for in men and women. It's quite simple: Do what is fair and just to your neighbor, be compassionate and loyal in your love, And don't take yourself too seriously... Take God seriously.

Micah 6:8 Eugene H. Peterson, The Message



Women's Theme Retreats

April 1-3 ~ Director: Sister Marilyn Vassallo, CSJ

May 13-15 ~ Director: Sr. Kay Kanick, RSM

**Cost: In house \$205 (65 and older \$190)/ Virtual \$75
~ Reservations Required**

In House Scripture Study Thursday, April 7 ~ 9 AM-1 PM



The Last Supper

Join us as we journey through the New Testament accounts of the Last Supper and explore the biblical roots of the Eucharist.

Our morning will begin with Mass, followed by Scripture study, and conclude with lunch.

*Presented by Dr. Joy Galarneau
Cost: \$25 ~ reservations required*

You spoke...we listened...thank you!

A scripture Study on the Last Supper? We'd love to! An evening with St. Hildegard and Brother Mickey? Sounds awesome, we'll ask! Ignatian Spirituality and the 12-Steps? Yes! Book clubs...recovery weekends... self-prayer...and so much more: You spoke. We listened.

Thank you, DRCC Friends: The pages of this newsletter are full of programs inspired by the feedback you graciously and honestly share with us in both formal and informal ways. Our ministry takes flight on the wings of your wisdom. So please keep sharing your hopes and dreams for future programs!

Dr. Joy Galarneau, Program Director

ART JOURNALING via Zoom

Art Journals are visual diaries that provide a place to tap into your unique well of creative energy—to explore ideas, capture memories and release emotions.

**Thursdays 7-8:30 PM
March 17 ~ Journaling the Lenten Labyrinth**

The following sessions will explore radical amazement: the act of seeing, of bringing ourselves into the space in which "great things happen to the soul" (Abraham Heschel)

April 21 , May 26, June 16

Presented by Susan Barber Skinner, PhD

**Cost: \$15 per session/ \$40 for three
Reservations Required**

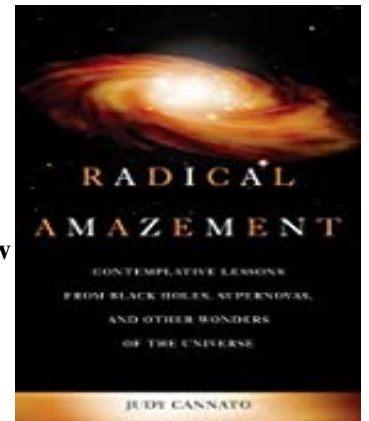
Easter Season Book Club via Zoom

The book we will be reading is *Radical Amazement: Contemplative Lessons from Black Holes, Supernovas, and Other Wonders of the Universe* by Judy Cannato

Guided by Victoria Battell, each session will include opening prayer, brief overview of chapters, discussion, and will close with night prayer.

Wednesdays ~ 7-8:30 PM April 27, May 4, May 18, May 25

Cost: \$10 per session/\$35 for all four



COFFEE HOUSE—Featuring Mark Rust Friday, April 29—7-9PM In house and Zoom

Mark is a multi-talented singer and musician from Woodstock, NY. He has appeared in People Magazine, performed on Broadway and has several recordings.

Join us for an enjoyable evening of music and stories about experiences we've all shared while growing up in a family. Mark's performance showcases an array of instruments including guitar, banjo, fiddle, piano and mountain dulcimer.

Reservations and proof of vaccination required. Cost: \$20

~KEEP HOPE~

On my piano is a small wooden block that says, "Keep Hope." The need for hope is ever-present these days as we seek to go forward amid COVID anxiety, political confusion, and societal unrest. Have you had days when prayer seems incoherent and clumsy? This is when I count heavily on God's wisdom and understanding of my anguish as I seek to regain peace in my soul.

Often, I am drawn to quiet reflection on holy scripture and, sure enough, hope is restored. These days Isaiah reassures me that if I hope in the Lord, my "strength will be renewed," I "will run and not grow weary"... "will walk and not be faint." (Isaiah 40:31). I'm all for this! Feeling restored and strong will help me create a more holy space within myself for God and for my community. During Lent, I have decided to fast from the news so that I am not bombarded by the negativity of the world. Then by Easter, I can greet others with hope and promise because all will be well with my soul.

Keep hope!

Mary Anne

May 6 GIRLS' NIGHT OUT With Sr. Betsy Van Deusen, CSJ

Just one more thing? How many times have you had someone say this to you and how many times have you said it to someone else? We will spend some time with a few "one more things" that will enrich and enhance your everyday life!

Celebration of Eucharist at 6 PM followed by dinner.

\$25 per person for evening program/\$55 for evening program with overnight stay, morning prayer and brunch.

Nurse to Nurse

Thanks to the generosity of the Mother Cabrini Health Foundation, we are offering this Spiritual Spa Day free of charge to active nurses at various health settings. More events like this will be offered if the May event fills up. Please encourage the nurses you know to sign up for this special time of healing and comfort tailored especially for them.

Mary Anne, RN

Spiritual Spa Day for Nurses with Mary Anne Brown, RN, BSN, MA May 5

No matter the healthcare setting, your stress and professional fatigue can be deeply challenged by feelings of loss, grief and fear caused by the many aspects of pandemic. This Spa Day is an opportunity to come away, process your experiences, assess your wellness needs, and develop a self-care plan to restore and strengthen your body, mind, and soul.

The program, 9 AM-3:30 PM, includes nurse-led presentations, prayer and music, opportunities for reflection, individual massage and energy therapy sessions, lunch and self-care planning. After the scheduled events have concluded, you are welcome to spend the rest of the day as you like...continue to unwind in a relaxation room, walk the grounds, have tea and an optional light dinner and visit with new and familiar nurse buddies.



MAY WITH THE MYSTICS Tuesdays 6-8:30

Hildegard of Bingen presented by Br. Mickey McGrath, OSFS—May 10
(Br. Mickey will be zooming in for his presentation)

Catherine de Ricci presented by Sr. Sue Zemgulis, OP—May 17

Julian of Norwich presented by Sr. Annie Killian, OP—May 24

Programs are 7-8:30 PM (dinner at 6 PM for in-house participants)

Cost Per Evening: In house \$25/Virtual \$15.

Welcome to a Dinner Party with the Saints!

“Pullup a chair and join a select group of the Heavenly Host as we celebrate their lives... and some special foods” Wodeene Koenig-Bricker, author Dinner Party with the Saints

Tuesdays, 4-7 PM

May 31— St. Peter, St. Theresa of Avila, St. Brigit of Ireland, and St. John the Baptist

June 7— St. Martin de Porres, St. Kateri Tekakwitha, St. John Henry Newman, and St. Augustine of Hippo

June 14— St. Jopsephine Margaret Bakhita, St. Francis Borgia, St. Francis of Assisi, and St. Andrew Kim Taegon

June 21— St. Lydia of Thyatira, St. Gertrude of Nivelles, St. Martha of Bethany, and Bl. Solanus Casey

Join us for dinner and conversation and get to know the saints featured in Koenig-Bricker's charming book.

Cost: \$25 per person per evening/\$90 for all four ~ Reservations Required

***"Hope . Hope in the face of difficulty. Hope in the face of uncertainty. The audacity of hope!
That is God's greatest gift to us. A belief in things not seen. A belief that there are better days ahead ."***
Barack Obama



“Grandparents create memories that the heart holds forever. “ (anon)

The blessing of generations: A DAY OF REFLECTION FOR GRANDPARENTS June 8

Presented by Joyce Solimini, recently retired after 43 years in parish and diocesan ministry and grandmother of three, invites us to explore the blessings and challenges in our personal journeys; grandparenting in our culture today, and; our hopes and we go forward in our relationships with our grandchildren and their parents.

9:30-3 PM with lunch/break at noon Cost: In house \$25/Zoom \$15

Retreat for Persons with Physical Disabilities June 10-12

For God so loved the world that he gave is only Son... John 3:16

We will spend time thinking and talking about God's great love for the world and for each of us individually.

Directed by Sr. Lizette Hoevel, SND

Nurses and helpers will be available to assist retreatants.

Cost: \$100

If you cannot afford to make an offering, you are still welcome to attend.

This retreat is being subsidized through the generosity of the Mother Cabrini Health Foundation.



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As of February 10, 2022
(Every effort has been made to be
accurate. Please inform us of any

Thank You!



May the God of Hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in Hope.

Romans 15

Registration Form for ANY Program: _____ in-house

Please fill out what applies to you & the program you are attending and mail with your payment to:

_____ virtual

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(Office Use Only)

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Ignatian Spirituality and the 12 Steps

June 25

10 AM-4 PM

In house and Zoom

Presenter Diane Cameron, author, writing coach and spiritual director, invites you listen, learn, laugh and enjoy lunch in this workshop that will explore the ideas common to “the 12 Step approach” and the Spiritual Exercises of St. Ignatius. She will also touch on Carl Jung who explains the “vital spiritual experience” shared by these two life changing wisdom schools.

Members of all recovery programs are welcome.

Cost: In house \$35/Virtual \$25.



*****NEW! PLEASE ANSWER BELOW!**

Are you vaccinated for COVID?
(response is for seating) **YES NO**

For Grant purposes:

Age: Under 65 65/+

Veteran? YES NO

What county do you live in (if in NY) ?

Program _____

Date _____

Name _____



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Basil Hume

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